

PHYSICAL EDUCATION

INTENT – Luddenden CE School is committed to promoting an environment that nurtures health, self-respect and achievement. Our approach aims to engage and challenge every child. Through our PE Curriculum, we aim for all our pupils to build the core strength, balance, coordination, agility and determination to enjoy and succeed in any sporting or physical activity. We provide a clear learning journey which develops pupils’ personal, social, physical, health & fitness, cognitive and creative abilities. Our core values in PE are teamwork, perseverance, courage and respect.

IMPLEMENTATION – All pupils will experience range of sporting activities through a minimum of 2 hours of PE per week. We use high quality resources, including [Real PE](#), to support the delivery of a broad and balanced PE curriculum. We ensure inclusivity through our child-centred approach, and the addition and adaptation of a wide range of challenges, games and skill applications. Play equipment will also be used to enhance pupils’ experiences and provide additional opportunities to build strength, balance, agility and coordination.

IMPACT – Pupils enjoy PE. Pupils develop the key abilities they need to be successful within PE and sport and across the curriculum.

	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer2
Nursery Focus Gross Motor objectives	Climb stairs, steps, move across climbing equipment using alternate feet. Maintain balance using hands and body to stabilise	Balance on one foot Grasp and release with two hands to throw and catch a large ball, beanbag or an object	Run with spatial awareness and negotiates space successfully, adjusting speed or direction to avoid obstacles	Balance on one foot or in a squat momentarily, shifting body weight to improve stability	Use large-muscle movements to wave flags and streamers, paint and make marks.	Develop their balance, ball skills, riding, bikes
Reception/Year 1 Cycles A & B	REAL PE R/Y1 Unit 1: Coordination & Balance NC: Ball Skills – throwing & catching	REAL PE R/Y1 Unit 2: Static & Dynamic Balance NC: Bat & Ball skills	REAL PE R/Y1 Unit 3: Static & Dynamic Balance NC: Creative Dance - Real Dance R/Y1 Unit 1	REAL PE R/Y1 Unit 4: Coordination & counterbalance NC: Gymnastics – Real Gym Y1 Units 1&2	REAL PE R/Y1 Unit 5: Coordination & agility NC: Invasion games	REAL PE R/Y1 Unit 3: Agility & Balance NC: Athletics
Year 2/3 Cycle A	REAL PE Y3 Unit 1: Coordination & Balance NC: Ball skills - Tag Rugby	REAL PE Y2 Unit 2: Balance & Agility NC: Creative Dance – Real Dance Y2 Unit 1	REAL PE Y2 Unit 3: Static & Dynamic Balance NC: Ball & stick skills – Hockey	REAL PE Y3 Unit 4: Coordination & counterbalance NC: Gymnastics - Real gym Y2 Unit 1	REAL PE Y3 Unit 5: Agility & balance NC: Cross Cultural Dance	REAL PE Y2 Unit 6: Agility & Balance NC: Athletics
Year 2/3 Cycle B	REAL PE Y2 Unit 1: Coordination & Balance NC: Ball skills & kicking - Football	REAL PE Y3 Unit 2: Dynamic & Static balance NC: Ball skills - Netball	REAL PE Y3 Unit 3: Balance & Coordination NC: Gymnastics – Real Gym Y3 Unit 2	REAL PE Y2 Unit 4: Coordination & counterbalance NC: Dance – Real Dance Y3 Unit 1	REAL PE Y2 Unit 5: Coordination & agility NC: Rounders	REAL PE Y3 Unit 6: Agility & Balance NC: Athletics
Year 4/5 Cycle A	REAL PE Y4 Unit 1: Coordination & Balance NC: Ball skills & kicking - Football	REAL PE Y5 Unit 2: Dynamic & counterbalance NC: Ball & stick skills - Hockey	REAL PE Y4 Unit 3: Balance & Coordination NC: Gymnastics – Real Gym Y4 Unit 1: Balance & Rotation	REAL PE Y5 Unit 4: Static Balance NC: Dance – Real Dance Y4 Unit 1: Shapes, artistry	REAL PE Y4 Unit 5: Agility & balance NC: Rounders	REAL PE Y5 Unit 6: Coordination & agility NC: Athletics
Year 4/5 Cycle B	REAL PE Y5 Unit 1: Coordination & Agility NC: Ball skills – Tag Rugby	REAL PE Y4 Unit 2: Static & Dynamic Balance NC: Balls skills - Football	REAL PE Y5 Unit 3: Balance & Coordination NC: Gymnastics – Real Gym Y4 Unit 2 - Flight, Travel	REAL PE Y4 Unit 4: Coordination & balance NC: Dance – Real Dance Y5/6 - Unit 1 - Shapes, artistry, partnering, circles	REAL PE Y5 Unit 5 Dynamic, Static balance, agility NC: Tennis	REAL PE Y4 Unit 6 Agility & balance NC: Athletics
Year 6	REAL PE Y6 Unit 1: Coordination & agility NC: Outdoor & adventurous	REAL PE Y6 Unit 2: Dynamic & counterbalance NC: Invasion Games – Netball	REAL PE Y6 Unit 3: Balance & Coordination NC: Gymnastics – Real Gym - Y4 Unit 1 – Personal	REAL PE Y6 Unit 4: Static Balance NC: Dance – Real Dance	REAL PE Y6 Unit 5: Static & Dynamic Balance NC: Cricket	REAL PE Y6 Unit 6: Coordination & agility NC: Athletics